



Southwestern Chicken and White Bean Soup

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken shredded cooked
- ☐ 6.3 oz beef broth 25%
- ☐ 3.5 cups chicken broth reduced-sodium (from 32-oz carton)
- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 0.5 cup salsa verde green
- ☐ 1 serving cream sour
- ☐ 1 leaves cilantro leaves fresh
- ☐ 1 serving pepper freshly ground

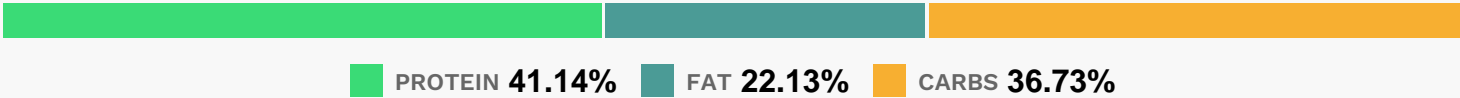
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In small bowl, toss chicken and taco seasoning mix until coated. Spray 3-quart saucepan with cooking spray; heat over medium-high heat.
- ☐ Add chicken; cook 2 minutes, stirring occasionally, until lightly browned.
- ☐ Add broth, scraping pan to loosen brown particles.
- ☐ In small bowl, slightly mash beans, leaving some whole.
- ☐ Add beans and salsa to chicken mixture; stir well.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 10 minutes or until slightly thickened.
- ☐ Garnish individual servings with sour cream, cilantro and pepper.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:3.61, Inflammation Score:-4, Nutrition Score:10.301739047403%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 195.49kcal (9.77%), Fat: 4.81g (7.4%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 14.55g (5.29%), Sugar: 1.63g (1.81%), Cholesterol: 36.18mg (12.06%), Sodium: 270.09mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.23%), Vitamin B3: 5.65mg (28.24%), Phosphorus: 197.02mg (19.7%), Manganese: 0.38mg (18.8%), Potassium: 647.91mg (18.51%), Selenium: 12.69µg (18.13%), Iron: 2.98mg (16.55%), Fiber: 3.41g (13.64%), Copper: 0.26mg (13.11%), Vitamin B6: 0.26mg (12.97%), Folate: 48.63µg (12.16%), Magnesium: 47.59mg (11.9%), Zinc: 1.65mg (10.99%), Vitamin B2: 0.14mg (8.22%), Calcium: 65.05mg (6.51%), Vitamin B1: 0.1mg (6.5%), Vitamin B5: 0.59mg (5.93%), Vitamin B12: 0.28µg (4.62%), Vitamin E: 0.57mg

(3.81%), Vitamin A: 160.64IU (3.21%), Vitamin K: 2.63μg (2.5%)